



How to Be Free

Joe Blow

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How to Be Free Joe Blow

How can we free ourselves from mental suffering? How can we unlock what the poet William Blake referred to as "the mind-forged manacles" - those unhelpful, unfounded and inflexible habits of thought which keep us from reaching our true creative potential? This book provides practical advice on how to achieve this. But it also offers an imaginative holistic theoretical framework for an understanding of the nature of the universe, the psychological history of the human race and the meaning of life.

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